```python
from a0_items import *


#https://www.zenrows.com/blog/python-requests-user-agent#random-user-agent
def get_random_USER_AGENT ():

    user_agents = [
     'Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko)
        Chrome/109.0.0.0 Safari/537.36'
     'Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like
        Gecko) Chrome/109.0.0.0 Safari/537.36'
     'Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko)
        Chrome/108.0.0.0 Safari/537.36'
     'Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like
        Gecko) Chrome/108.0.0.0 Safari/537.36'
     'Mozilla/5.0 (X11; Linux x86_64) AppleWebKit/537.36 (KHTML, like Gecko)
        Chrome/108.0.0.0 Safari/537.36'
     'Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/605.1.15 (KHTML, like
        Gecko) Version/16.1 Safari/605.1.15'
     'Mozilla/5.0 (Macintosh; Intel Mac OS X 13_1) AppleWebKit/605.1.15 (KHTML, like
        Gecko) Version/16.1 Safari/605.1.15'
    ]

    headers = {'User-Agent': random.choice(user_agents)}
    random_user_agent = random.choice(user_agents)

    return headers, random_user_agent
```